

Post Traumatic Stress Disorder -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<input type="checkbox"/> Common indicators of distress <input type="checkbox"/> Airmen at increased risk for PTSD include those with: <input type="checkbox"/> Longer deployments <input type="checkbox"/> Combat exposure <input type="checkbox"/> Enlisted personnel are at greater risk compared to officers <input type="checkbox"/> Females are at greater risk compared to males <input type="checkbox"/> Reports/exhibits symptoms of PTSD which could include: <input type="checkbox"/> Experiences intrusive thoughts of the event <input type="checkbox"/> Reports frequent nightmares <input type="checkbox"/> Displays physical/emotional discomfort when reminded of the event <input type="checkbox"/> Avoids people, places and conversations associated with the event <input type="checkbox"/> Cannot recall aspects of the event <input type="checkbox"/> Is withdrawn or uninterested in activities <input type="checkbox"/> Reports poor sleep <input type="checkbox"/> Irritable or angry <input type="checkbox"/> Difficulty concentrating <input type="checkbox"/> Always seems "on guard" <input type="checkbox"/> Is very jumpy	<input type="checkbox"/> Consider General Wingman Actions <input type="checkbox"/> Encourage use of health coping mechanisms such as exercise, good nutrition and use of social resources <input type="checkbox"/> Be vigilant for unhealthy coping mechanism such as use of alcohol or drugs <input type="checkbox"/> Ask how the individual is doing and if needed, suggest they seek assistance <input type="checkbox"/> Encourage the individual to talk and listen to their concerns <input type="checkbox"/> Ask directly about thoughts of suicide or of harming others	<input type="checkbox"/> Consider General Command Actions <input type="checkbox"/> Be aware of any safety issues and take steps to ensure the individual is not at increased risk for accidents at work <input type="checkbox"/> Encourage the individual to talk with a trusted, mature peer who can relate to their concerns <input type="checkbox"/> Discuss options for assistance(e.g., chaplain, Mental Health Clinic, primary care manager) if these normal, and typically transient, reaction persist or impair performance or functioning <input type="checkbox"/> Consider a Command Directed Evaluation for those who decline to seek services voluntarily and who begin to have duty impairment or are believed to be at risk for harming themselves or others <input type="checkbox"/> Be aware of how PTSD is impacting the individual's family and provide support as appropriate